



POOMSE PALGWE BASIC 1



20



19



준비서기
Ready Stance



17



18

ALL STANCES ARE
FRONT STANCES

1. Low Block
2. Middle Punch
3. Low Block
4. Middle Punch
5. Low Block
6. Middle Punch
7. Middle Punch
8. Middle Punch and Yell
9. Low Block
10. Middle Punch



16



15



14



13



5



6



7



8

ALL STANCES ARE
FRONT STANCES

11. Low Block
12. Middle Punch
13. Low Block
14. Middle Punch
15. Middle Punch
16. Middle Punch and Yell
17. Low Block
18. Middle Punch
19. Low Block
20. Middle Punch



10



11



11



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